

1. Easy Amaranth Pancakes

Servings: 4

Ingredients:

- 2 large eggs
- 1 ¼ cups unsweetened almond milk
- 3 tablespoons melted butter
- 1 ½ cups amaranth flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon salt

Instructions:

Beat the eggs and almond milk together until light and foamy.

Stir in the melted butter then set aside.

In a separate bowl, whisk together the dry ingredients until well combined.

Whisk the wet ingredients into the dry then let rest for 15 minutes.

Preheat a large nonstick skillet or electric griddle to medium heat (375°F).

Spoon the batter onto the skillet using ¼ cup per pancake and cook for about 2 minutes until bubbles form in the surface and start to pop.

Carefully flip the pancakes and cook until browned underneath, about 1 ½ to 2 minutes.

Slide the pancakes onto a plate and keep warm.

Repeat with the remaining batter and serve with butter and maple syrup.

2. Amaranth Flour Tortillas

Servings: 6

Ingredients:

1 ¼ cups amaranth flour

1 teaspoon seasoning blend (your choice)

½ cup warm water

Instructions:

Whisk together the amaranth flour with your choice of seasoning in a bowl.

Stir in the water – add more, if needed, to create a soft, moldable dough.

Form the dough into a ball then pinch off 6 golf ball-sized pieces.

Roll the dough balls in additional amaranth flour to coat them then knead and pat into a circle about 1/8-inch thick and up to 6 inches across.

Repeat with the remaining dough balls until you have 6 tortillas.

Heat a nonstick skillet or electric griddle and cook the tortillas for a few minutes on each side until lightly brown and dry.

Cool the tortillas on wire racks before using.

3. Garlic Herb Amaranth Crackers

Servings: 4 to 6

Ingredients:

1 cup amaranth flour

1 tablespoon fresh chopped rosemary

1 teaspoon fresh chopped thyme

½ teaspoon fresh chopped oregano

½ teaspoon baking powder

½ teaspoon salt

1 clove minced garlic

3 tablespoons olive oil

3 tablespoons water

Instructions:

Preheat the oven to 355°F and line a baking sheet with parchment paper.

Combine the ingredients in a food processor and pulse until it forms a sandy mixture.

Turn the mixture out onto a piece of parchment and knead into a smooth dough, adding a little more flour if needed.

Flatten the dough and sandwich it between two pieces of parchment paper.

Roll the dough out to about 1/5-inch thick and cut it into 2-inch crackers.

Prick the crackers with a fork and place them on the parchment-lined baking sheet.

Bake for 12 to 15 minutes until the edges are golden brown.

Transfer to a cooling rack to cool and store in an airtight container.

4. Amaranth Spice Cookies

Servings: 18

Ingredients:

1/3 cup olive oil

1 large egg

1/3 cup brown sugar

2/3 cup amaranth flour

1 teaspoon fresh lemon zest

1 teaspoon ground ginger

½ teaspoon ground nutmeg

½ teaspoon baking soda

Pinch of salt

Pinch ground cloves

Instructions:

Preheat the oven to 350°F and line a baking sheet with parchment.

Whisk together the olive oil and egg in a medium bowl.

Add the brown sugar and whisk well then stir in the spices.

While whisking, add the amaranth flour a little at a time along with the baking soda and salt.

Drop the cookie dough onto the parchment-lined baking sheet using a tablespoon.

Bake for 8 to 10 minutes until just browned on the edges.

Cool the cookies for 5 minutes then transfer to a wire rack to cool completely.

Amaranth flour is a nutritious and versatile gluten free flour that you can enjoy in numerous applications. Try the recipes here or come up with your own. Don't be afraid to get creative!